

SESSION 5 AT-A-GLANCE

Facilitator-trainees will conduct the following activities:

Exercise 1: Introductions

Exercise 3: Coping Styles

- A. Conduct Jennifer and Carrie role-play (5-A).
- B. Hand out “Ways of Coping” (5-B) and briefly review each coping style.

Exercise 4: How to Solve a Problem

- A. Introduce the notion of problem-solving and practice identifying problems using “the four Ws: Who, Where, When, and What.”
- B. Hand out and review the “Advantages and Disadvantages of Getting Tested for HIV” (5-F).
- C. Choose a volunteer to play Pedro give him/her the card to read, and pass out the “Problem Analysis Form” (5-G) (5-E).
- D. Guide the group through asking Pedro questions using the Problem Analysis Form until Pedro and decide what his problem is.
- E. Conduct SMART activity using Pedro’s problem.
- F. Hand out “Fact Sheet on HIV Testing” (5-H).

Exercise 5: How To Use Relaxation in a Tough Situation

- A. Model relaxation by conducting quickie relaxation exercise (one minute).
If time permits, pass out all the “QUICKIE RELAXATION CARDS.” Each group member should end up with at least three cards. Allow a few minutes for each member to select the one they like best. (Alternatively, you can simply give each person one card at random). You may find it helpful to preselect the cards that you think your youth will best relate to.
- B. Select volunteers to read their relaxation cards.

General Tips:

- You do not have to follow the script in the curriculum word for word. Put it in your own words, just keep it concise.
- Make sure you understand the goals and objectives of this session and how it fits into the Street Smart curriculum. Ask your trainers if you have any questions or need clarification.
- Make sure you understand the activity and objective of each exercise.
- Facilitators should divide the session between them, alternating between exercises (see below). Even when not leading an activity, the co-facilitator should be prepared to assist (distributing hand-outs, holding models, answering questions, etc.).
- Anticipate the transition process between activities. Prepare so that the switching between facilitators feels natural and is done smoothly.

Session-Specific Tips:

- Make sure you are comfortable explaining the various coping styles and can demonstrate that each coping style is not appropriate for every situation.
- Make sure that you are comfortable working through the SMART grid. Emphasize that SMART is an example of problem-solving (a coping technique). This helps to connect information learned in previous sessions.
- Encourage participants to brainstorm. Make sure to list possibilities without judging them.
- Limit the possible actions in SMART to 4-6 to keep the pace moving.
- Practice reading the relaxation exercises aloud to your co-facilitator before the session, focusing on keeping your voice calm and soothing.
- Co-facilitators should model the relaxation instructions (e.g., getting into a comfortable position, closing their eyes, etc.) during the activity.

Facilitator-trainee 1 should facilitate the following activities:

- Exercise 1
- Exercise 3
- Exercise 5

Facilitator-trainee 2 should facilitate the following activities:

- Exercise 4